

# BIBLE



## *Anger*



## *Topics*

“He’s so MAD—  
he can’t SEE  
Straight!”

“Madder Than a Wet Hen!”

“Seeing RED!”



Breathing FIRE!

***FIGHT!***

***or***

***FLEE!***



*Ps 73:22* I was senseless  
and ignorant

I was like a beast before You



**ANGER**

**WARNING!**

**BAD THINKING  
AHEAD**

*Eph 4:26 **BE ANGRY, AND YET DO NOT SIN**; do  
not let the sun go down on your anger,  
Do not give the devil an opportunity.*

*Ps 4:4 Tremble with fear and do not sin!*

*Meditate as you lie in bed, and repent of your ways!*

*Ps 4:4 “**Be ye angry, and sin not**;  
feel **compunction** upon your beds for what ye say in your hearts.”*

*Paul is quoting the LXX. Note how he “re-interprets” ...*

**Compunction:** *a feeling of moral scruple that  
prevents* doing something wrong;

*a feeling of guilt that **follows** doing something wrong ...*

*Paul and the Psalmist are urging **prevention** ...*

**Gen 4:5-7** ... with Cain and his offering God was not pleased. So Cain became very angry, and his expression was downcast.

Then the LORD said to Cain, “Why are you angry, and why is your expression downcast? If you do what is right, you will be fine, but if you do not do what is right, sin is crouching at the door. *It desires to dominate you, but you must subdue it.*”

**Where does “*compunction*” come into play here?**

## **ANGER Kills ...**

**Matt 5:22** “Everyone who is angry with his brother shall be guilty of murder before the court ... and whoever says, ‘*You fool,*’ shall be guilty enough to go into the fiery hell.”

**Anger —> ~~Thought~~ —> Action**

***Num 20:10-12*** Then Moses and Aaron gathered the community together in front of the rock, and he said to them, “***Listen, you rebels, must we bring water out of this rock for you?***”

Then Moses raised his hand, and struck the rock twice with his staff. And water came out abundantly. So the community drank, and their beasts drank too.

Then the LORD spoke to Moses and Aaron, “Because you did not trust Me enough to show ***Me*** as holy before the Israelites, therefore you will not bring this community into the land I have given them.”

## **ANGER Kills ...**

***Heb 12:15*** See to it that no one comes short of the Grace of God, that no ***root of bitterness*** springing up causes trouble, and by it many be defiled ...

***Moses had a ROOT! And the root BROKE Through!***



***Psa 4:4*** Be ye angry, and sin not;  
feel compunction upon your beds  
for what ye say in your hearts.

“This is a lifetime challenge.

Watch for fear, resentment, dishonesty and if we see them ask God humbly to remove them.

Then turn our minds to someone we can help.

Love and tolerance must be the code of our lives.

We cease fighting anything or anyone!

“Father, how can I best serve You.

Your will — Not MINE ...”

***Anonymous***

# Welcome!

Emotional Training

*Examination*

*Repentance*

*Correction*

*Action*

*“It desires to dominate you, but you must subdue it.”*

# Allow Honest Feelings ...

*“I am ANGRY about ...”*

**The CHOICE?**

**Complain:** Attack! Kill!


**Help:** “What can I do for you?”

***“Feel with Faith ...”***

God gave us *emotions*. Ride out the “*storm*” ...

***Let God Be In Control!***

**James 1:19,20** ...*let every person be quick to hear, slow to speak, slow to anger; because the anger of man does not produce the righteousness of God.*

A silhouette of a man in traditional attire leading a horse with a chain. The man is on the left, holding a long stick that is attached to a chain around the horse's head. The horse is on the right, looking towards the man. The background is a bright, cloudy sky. The entire image is framed by a textured, brown border.

Who is the Leader in Your Life?

# BIBLE



*Worry*



*Topics*